

**USCG BASE ALAMEDA CA.
FOR MONDAY 05/01/2017 THRU SUNDAY 05/07/2017**

MENU CYCLE 4

MONDAY

<u>BREAKFAST</u> (0630-0800)Cal/Fat/Carbs/Protein	<u>DINNER</u> (1100-1300) Cal/Fat/Carbs/Protein
Chilled Fresh Fruit	Beef Noodle Soup 84/3/9/5
Fruit Juices	French Dip
Dry Cereal	Chicken Stir Fry
Hot Oatmeal 113/2/20/5	Mac and Cheese 217/2/41/8
Grits 69/0/15/2	Steamed Rice 68/4/7/4
Hash Browns 162/11/17/2	Broccoli 82/2/16/2
Oven Fried Bacon 92/8/0/5	Corn 84/2/14/2
Grilled Ham Steaks 141/9/0/13	Dinner Rolls
Hot Cakes 173/7/22/5	Hamburger,Cheeseburge,
Eggs to Order	Veggie Burger, Fish Sandwich
Cholesterol Free Eggs	Deli Sandwich
Breakfast Pastries	Potato Salad
Assorted Beverages	Salad Bar
Breakfast Sandwich	Dessert Bar
	Assorted Beverages

TUESDAY

<u>BREAKFAST</u> (0630-0800)Cal/Fat/Carbs/Protein	<u>DINNER</u> (1100-1300) Cal/Fat/Carbs/Protein
Chilled Fresh Fruit	Vegetable Soup 100/5/12/4
Fruit Juices	Baked Chicken Dk 355/20/7/35- Wt 432/17/3/62
Dry Cereals	Fish & Chips 534/29/34/30
Hot Oatmeal 113/2/20/5	Steamed Rice 357/17/37/14
Grits 69/0/15/2	Carrots 43/2/6/1
Hash Browns 162/11/17/2	Corn on the Cob 29/0/7/1
Oven Fried Bacon 92/8/0/5	Dinner Rolls 84/2/14/2
French Toast 178/7/22/6	Hamburger, Cheeseburger,
Eggs To Order	Veggie Burger,Chili Cheese Dog
Cholesterol Free Eggs	Deli Sandwich
Breakfast Burritos 751/41/60/35	French Fries 292/16/34/4
Breakfast Pastries	Cubed Tomatoes w/Basil & Olive Oil 123/14/1/0
Assorted Beverages	Full Salad Bar
	Dessert Bar
	Assorted Beverages
	Gravy

WEDNESDAY

<u>BREAKFAST</u> (0630-0800)Cal/Fat/Carbs/Protein	<u>DINNER</u> (1100-1300) Cal/Fat/Carbs/Protein
Chilled Fresh Fruit	Chicken Noodle Soup 127/3/7/18
Fruit Juices	Sweet & Sour Chicken 225/6/28/15
Dry Cereals	Pork Loin 426/25/0/47
Hot Oatmeal 113/2/20/5	Steamed Rice 203/0/44/4
Grits 69/0/15/2	Scalloped Potatoes 228/11/31/5
Hash Browns 162/11/17/2	Mixed Vegetables 80/0/18/4
Corned Beef Hash 199/12/12/10	Broccoli 68/4/7/4
Oven Fried Bacon 92/8/0/5	Dinner Rolls 84/2/14/2
Waffles 218/11/25/6	Hamburger, Cheeseburger,
Hard Boiled Eggs 78/5/1/6	Veggie Burger, Pizza
Eggs to Order	Deli Sandwich
Cholesterol Free Eggs	French Fries 292/16/34/4
Breakfast Pastries	Carrot Orange Toss 285/13/36/13
Assorted Beverages	Full Salad Bar
Spam Eggs	Dessert Bar
	Assorted Beverages

Menu Cycle #4 Monday 05/01/2017 Through Sunday 05/07/2017

THURSDAY

BREAKFAST (0630 - 0800) Cal/Fat/Carbs/Protein

Chilled Fresh Fruit	
Fruit Juices	
Dry Cereals	
Hot Oatmeal	113/2/20/5
Grits	69/0/15/2
Hash Browns	162/11/17/2
Oven Fried Bacon	92/8/0/5
Creamed Beef	327/20/18/18
Biscuits	285/10/41/6
French Toast	178/7/22/6
Eggs to Order	
Cholesterol Free Eggs	
Breakfast Pastries	
Assorted Beverages	

DINNER (1100 - 1300) Cal/Fat/Carbs/Protein

Vegetable Beef Soup	230/12/15/16
Fried Chicken	Dk 397/21/14/36-Wt 474/18/10/67
Beef Tacos	449/26/32/22
Home Fried Potatoes	118/2/23/3
Steamed Rice	203/0/44/4
Green Peas	79/2/11/4
Vegetable Combo	81/0/18/4
Dinner Rolls	84/2/14/2
Hamburger, Cheeseburger, Veggie Burger, Hot Link	
Deli Sandwich's	
French Fries	292/16/34/4
Waldorf Salad	320/20/36/14
Full Salad Bar	
Dessert Bar	
Assorted Beverages	

FRIDAY

BREAKFAST (0630 - 0800) Cal/Fat/Carbs/Protein

Chilled Fresh Fruit	
Fruit Juices	
Dry Cereals	
Hot Oatmeal	113/2/20/5
Grits	69/0/15/2
Hash Browns	162/11/17/2
Oven Fried Bacon	92/8/0/5
Pork Sausage Links	76/6/0/6
Hot Cakes	173/7/22/5
Eggs to Order	
Cholesterol Free Eggs	
Chorizo & Eggs	
Breakfast Pastries	
Assorted Beverages	

DINNER (1100 - 1300) Cal/Fat/Carbs/Protein

Fish & Corn Chowder	192/5/12/23
Cantonese Spareribs	569/43/0/42
Baked Fish	216/2/1/37
Steamed Rice	203/0/44/4
Seasoned Pasta	217/21/15/26
Bok Choy	66/4/7/2
Mixed Vegetables	81/0/18/4
Dinner Rolls	84/2/14/2
Hamburger, Cheeseburger, Veggie Burger, Grilled Ham & Cheese	
Deli Sandwich's	
French Fries	292/16/34/4
Creamy Fruit Salad	165/7/28/1
Full Salad Bar	
Dessert Bar	
Assorted Beverages	

SATURDAY

BREAKFAST (0700 - 0800) Cal/Fat/Carbs/Protein

Fruit Juices	
Chilled Fresh Fruit	
Hot Cereal	
Dry Cereals	
Hash Browns	162/11/17/2
Turkey Sausage Links	65/5/0/4
Oven Fried Bacon	92/8/0/5
French Toast	178/7/22/6
Eggs to Order	
Cholesterol Free Eggs	
Breakfast Pastries	
Assorted Beverages	

DINNER (1115 - 1230) Cal/Fat/Carbs/Protein

Beef Noodle Soup	166/6/8/19
Meatloaf	306/18/9/24
Mashed Potatoes	113/4/18/2
Gravy	96/0/20/3
Green Peas	79/2/11/4
Speed Line Sandwich	
Dinner Rolls	84/2/14/2
Full Salad Bar	
Dessert Bar	
Assorted Beverages	

SUNDAY

BREAKFAST (0700 - 0800) Cal/Fat/Carbs/Protein

Fruit Juices	
Chilled Fresh Fruit	
Hot Cereal	
Dry Cereals	
Hash Browns	162/11/17/2
Grilled Ham Slices	141/9/0/13
Oven Fried Bacon	92/8/0/5
Hot Cakes	285/10/41/6
Eggs to Order	
Cholesterol Free Eggs	
Breakfast Pastries	
Assorted Beverages	

DINNER (1115 - 1230) Cal/Fat/Carbs/Protein

Chicken Rice Soup	60/2/7/4
Baked Chicken	Dk 355/20/7/35-Wt 432/17/3/62
Steamed Rice	203/0/44/4
Gravy	96/0/20/3
Mixed Vegetables	81/0/18/4
Speed Line Sandwich	
Dinner Rolls	84/2/14/2
Full Salad Bar	
Dessert Bar	
Assorted Beverages	